Scotland's Haunted Stirling Castle

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When I was younger, I did a lot of international traveling. I ended up visiting 59 countries and territories, and one of the places I truly loved was Scotland. When my family and I visited England, Wales, and Scotland, I definitely wanted to visit Stirling Castle in Stirling, Scotland. I gravitated toward the location because I knew it was haunted and I loved the history of the castle.

The castle was one of the fortifications that William Wallace fought for, and you can see that in the movie Braveheart, in which Mel Gibson played William Wallace. While many people think that Braveheart was filmed at Stirling Castle, it wasn't. Yet other movies and TV programs filmed at the castle include Game of Thrones, Outlander, and Monty Python and the Holy Grail.

This majestic castle sits atop a basalt crag, 250 feet above the River Forth. Talk about majestic. When I first saw this castle, my jaw dropped. I was in awe and felt like I had stepped into a fantasy world.

The castle was built in a strategic location, where you can observe the highlands and the lowlands. The Scottish poet Alexander Smith called the castle "a huge brooch."

The castle was built in the 15th century, and before that, a wooden fort sat on the site for hundreds of years. From the castle, the king or queen residing could observe battles that were being fought for the independence of Scotland from England.

Many kings resided at this castle. In fact, Mary, Queen of Scots resided at the castle for a while, and she was crowned in the castle's chapel in 1543. Charles I also stayed at the castle briefly, and when he was executed, his son Charles II was the last reigning monarch that lived in this castle. The castle eventually became a military center and prison.

The Green Lady

One of the most famous ghosts in Stirling Castle is the Green Lady. Our tour guide told us that the castle is very haunted, and the Green Lady is often encountered in the darkness of night.

Legend has it that the Green Lady was Queen Mary's maid servant. This maid servant had a premonition that Queen Mary was in trouble. So, she rushed to Queen Mary's bedchamber and discovered that the massive drapes were on fire and Queen Mary was asleep. She pulled Queen Mary to safety.

It is said that if you encounter the Green Lady, she is somewhat of a harbinger of doom and something bad might happen to you. Hearing that, I wasn't too keen in encountering the Green Lady! There was a mess cook for some Scottish troops at the castle who encountered the Green Lady and passed out.

The Whipped

Another ghost that haunts Stirling Castle has been dubbed The Whipped. Ewan Thomson of Plockton, Scotland, was walking around Stirling Castle when he heard an odd-sounding moaning. He went to investigate and came upon a man with his arms spread out in the air, tied to ropes.

The man's bare back was bloody and full of red welts as if he has been whipped. He was moaning loudly. Ewan first thought this was an actor playing out a historical scene, but to Ewan's shock, the whipped man disappeared. And when he vanished, the crackling sound of a whip was heard. Ewan said there were three crackling whipping sounds and then a bloody scream.

The archer walked right through Rowan and disappeared into a wall.

I believe Ewan encountered a "residual" haunting, something that has been imprinted into the atmosphere and plays out over and over again. This is strong negative energy.

The Stirling Archer

Rowan Barland of Bellshill, Scotland, was on the tour with us. Rowan told us she had visited Stirling Castle seven times and loved the castle and its colorful history. The first time was when she was seven years old, visiting with her parents.

Rowan revealed that she had encountered a ghost at Stirling Castle — a ghostly archer from long ago. The spirit was pacing up and down the flanks of the castle, and she could see his bow that was shouldered. The ghostly archer wore a Scot's bonnet and a green léine (shirt). He had a long, thick beard and mustache and long reddish hair.

She was petrified upon spotting the spirit, and the archer quickly started walking toward her. Frozen in place, the archer walked right through Rowan and disappeared into a wall. She goes back to the castle when possible, hoping to come across the archer one more time. ◆